UNITED STATES MARINE CORPS

Marine Corps Suicide Prevention Program (MCSPP)

Executive Safety Board

8 December 2009

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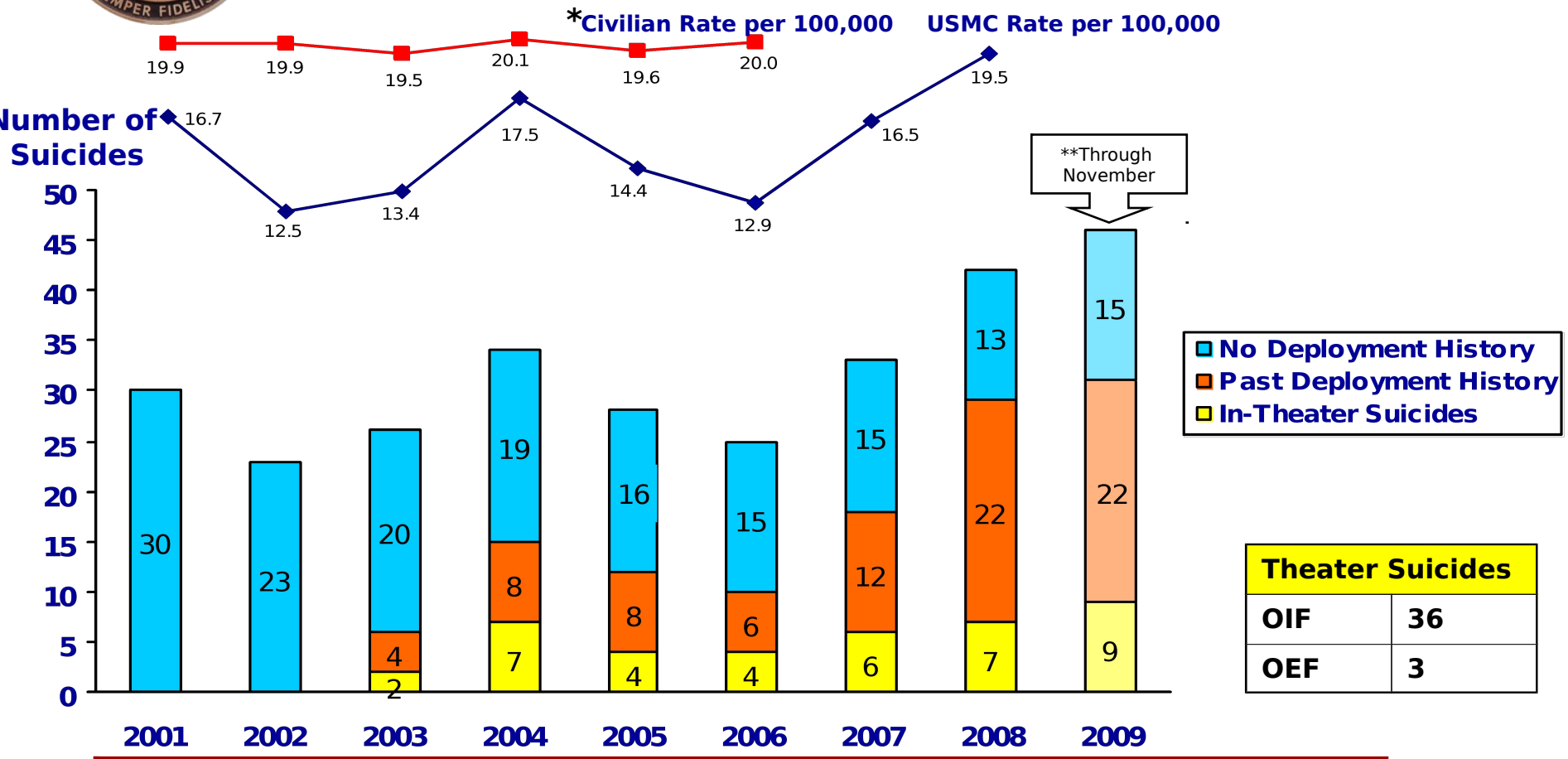
CY09 Suicide Demographics

2009 Month	Suspected Suicides	Suicide Attempts
January	3	13
February	1	16
March	3	14
April	6	9
May	4	15
June	9	16
July	9	17
August	2	13
September	1	17
October	4	11
November	4	12
December	-	-

Through November 2009

Gender	46 Male 0 Female
Race	36 Caucasian 3 African American 5 Hispanic 1 Am.Indian/Alaska Native 1 Asian
Age	34 (18-24) 5 (25-29) 6 (30-39) 1 (40-50)
Marital Status	22 Single 21 Married 3 Divorced
Paygrade	24 (E1-E3) 17 (E4-E5) 3 (E6-E9) 1 (WO-CW05) 1 (01-010)
Method	27 Gunshot 15 Hanging 3 Laceration 1 Suffocation
MSC	6 1st MARDIV 10 2nd MARDIV 2 3rd MAW 2 2nd MAW 1 1st MLG 5 2nd MLG 1 1st MHG 1 2nd MHG 1 4th MAW 3 3rd MARDIV

USMC Suicides with Deployment History

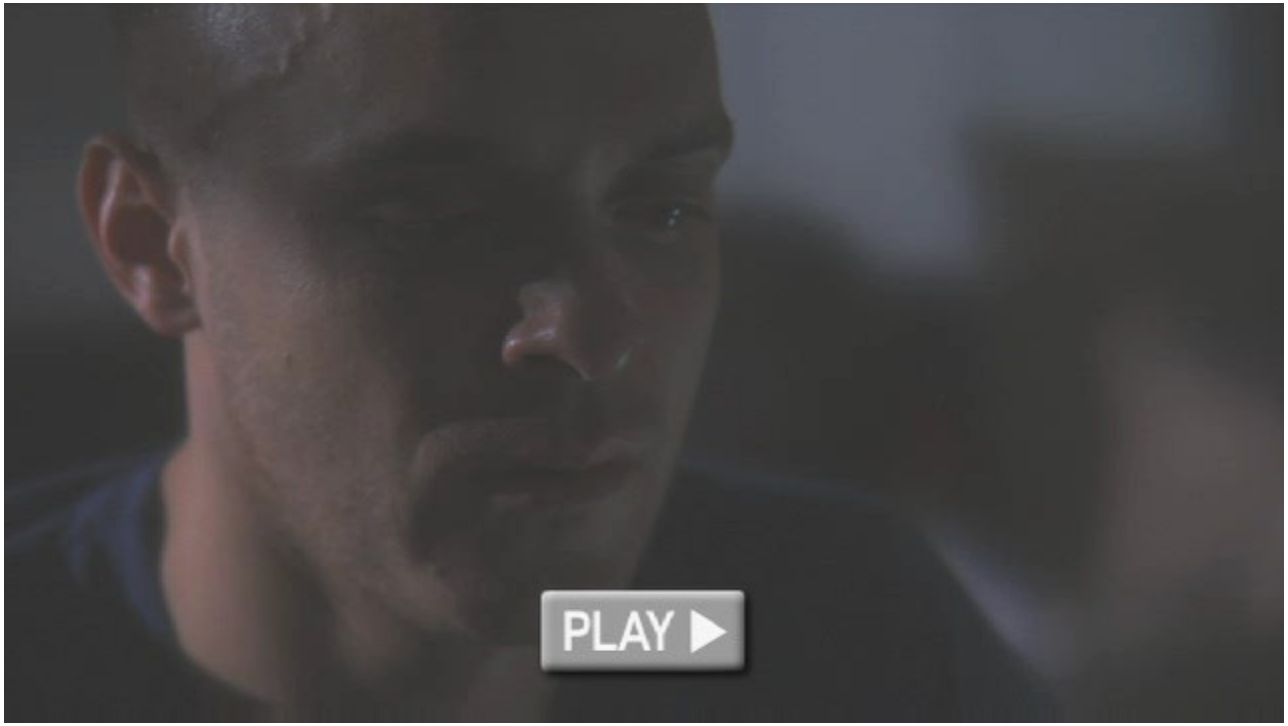


Theater Suicides	
OIF	36
OEF	3

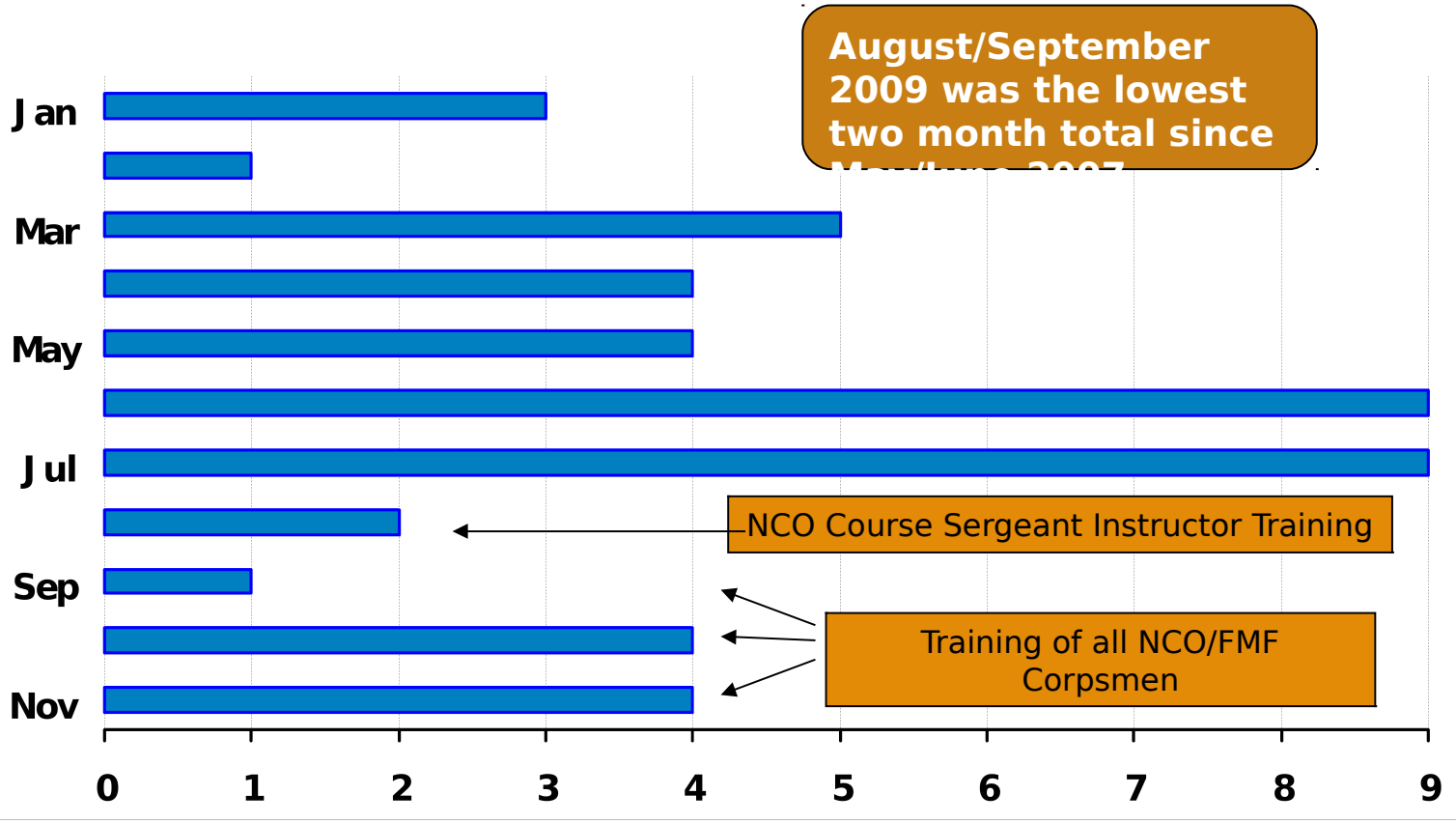
2001-2007 final rates were within range of expected fluctuations around mean of 14.9/100,000
CY2008 final rate was outside of that range

*Last available civilian suicide rate information from the Centers for Disease Control and Prevention. Rate adjusted for Marine demographics.
**Includes 8 suspected suicides that have yet to be confirmed by the Armed Forces Medical Examiner.
Data from 2001-2008 has been standardized in accord with DoD policy.
Source: HQMC (MRS-4) 2009Dec01

The Downward Spiral



2009 Monthly Suicides



NCO Suicides	
Jan-Aug	41% of total
Sep-Nov	22% of total

NCOs make up 33% of the

Pvt-LCpl Suicides	
Nov	0
First month since Nov 2008	

NCO Suicide Prevention Course

"We're finally out of the '80s!"

Drama	Evocative 30 minute movie lead-off
Video Clips	11 documentary (survivors/Marines) and movie clip compilations of to highlight training points
Peers	Sergeant instructors
Personal	Instructor uses personal experience to train
Interactive	Small group discussions (2) and full group discussions (5) to engage audience
Relevant	True to NCO culture and language -- honest and realistic.

"Very real. Not sugar coated!"

NCO Suicide Prevention Course

Validation Process

SME Development (Dec 2008) (Psych/Infantry)

Marine Rewrite Script/Course (20 NCO/Corpsmen)

Sergeants Consult (Marines on movie set daily)

Beta Test (Jun 2009) (200+ NCO/FMF Sailors)

August-September 2009

Simultaneous CONUS/WestPac/OEF/OIF Training

Train-the-Trainers 1,312 certified Sergeant Instructors.

Nearly 100% of NCOs trained by 30 Nov 2009

6 Month Longitudinal Study to Assess Effectiveness

OIF/OEF NCO Course Roll Out

OIF

- TT - Al Asad/TQ – 5 Classes – 150 Sergeant Instructors
- Leadership Seminar - Al Asad/TQ/Ramadi – 3000 SNCO/Officers

22nd MEU

- TT - Kuwait – 1 Class – 14 Sergeant Instructors
- Leadership Seminar - Kuwait – SNCO/Officers

OEF

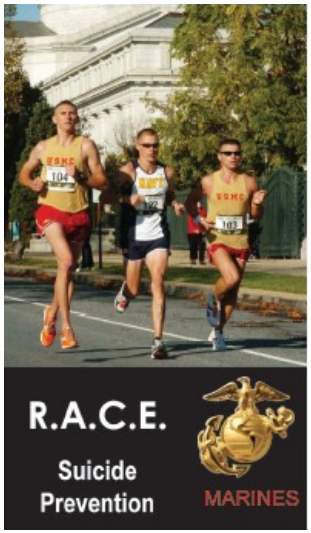
- TT – Leatherneck/Lashkar Gah – 3 Classes – 42 Sergeant Inst.
- Leadership Seminar - Leatherneck – Battalion COs/SgtsMaj

Observations

Targeted Training

MCRD Training

Targeted Information for recruits



Warning Signs
- Talking about killing self
- Looking for means to kill self

Resources
- Chain of Command
- Chaplain
- Medical

Action – R.A.C.E.
- Recognize
- Ask
- Care
- Engage

DI School

Matched to Recruit Training

Reality-Based Scenarios

The Basic School

NCO Course materials, Reality-based scenarios

Discussion

- NCO Suicide Prevention Course
  - Implementation Status
  - Feedback/Effectiveness
- Way Ahead - Leadership
  - Targeted Trainings
  - Installation/Command Coordinators
  - Other Ideas

Back-up Slides

Current Program Initiatives

raining Requirement

Enlisted Training
- Annual Awareness Training
- Recruit Training in Boot Camp
- Drill Instructor School
- Commanders All-Hands Stand-down (March 2009)
- NCO Suicide Prevention Course
- Leadership Continuum Training in all formal schools
- Web-based distance learning course
- Frontline Supervisors Training

Officer Training
- Annual Awareness Training
- Commanders All-Hands Stand-down (March 2009)
- The Basic School
- Leadership Continuum Training in all formal schools
- Web-based distance learning course
- Frontline Supervisors Training

Provider Training
- Assessing and Managing Suicide Risk
- DoD/VA Military Suicide Prevention Conference

Other Training
- Pre, Re, and Post-Deployment Cycle Training (MOSST)
- Marine Corps Martial Arts Program
- Are You Listening Training (recreation/retail staff)

Mandatory Optional

Other Initiatives

Leadership
- Video Messages
  CMC and SMMC
  Generals and Sergeants Major

Regional Coordinators
- Installation and command based
  23 Civilian positions to provide single point of contact

Research
- NIMH / Army / Marine Corps - STARRS
  5
- USUHS – NCO Course Program Evaluation
- MCCDC – USMC Unique Factors in Suicide Risk
- USUHS – Dissertation:

ollaborative Program

Installation Support Services
- Chain of Command
- Unit Medical
- Unit Chaplain
- Unit Personal and Family Readiness Program
- Marine and Family Services
- Prevention and Intervention Services
- Medical Treatment Facility
- Deployment Health Clinic
- Marine Corps Family Team Building
- Navy Marine Corps Relief Society
- Combat Operational Stress Control
- Operational Stress Control and Readiness (OSCAR)
- Substance Abuse Rehab Program
- Financial Counseling Program
- Family Advocacy Program
- Single Marine Program

National Support Services
- Federal Suicide Prevention Lifeline
- DCoE Outreach Call Center
- Military OneSource
- Military Mental Health Self-Assessment
- Tricare Behavioral Health Line
- Vet Centers

Deployed Support Services
- Unit Medical (BAS, RAS, etc.)
- Unit Chaplain
- Operational Stress Control and Readiness (OSCAR)

2009 USMC Demographic Risk Factors

Deploy History	USMC	Suicides
0	47 %	33 %
1	30 %	35 %
2	17 %	28 %
3+	6 %	4 %

Rank	USMC	Suicides
E1-E3	42 %	52 %
NCO	33 %	37 %
SNCO	15 %	7 %
CWO	1 %	2 %
O1-010	9 %	2 %

Age	USMC	Suicides
17-20	24 %	24 %
21-25	43 %	54 %
26-30	16 %	9 %
31-45	16%	11%
46+	1%	2%

MOS	USMC	Suicides
03	19 %	30 %
04	3 %	9 %
01	4 %	7 %
35	8%	7%
Others	66 %	47 %

Receiving close scrutiny for actionable intelligence

Infantry is over-represented but is also an MOS comprised of mostly

Through 30 November 2009

USMC Associated Stressors

Top Associated Stressors	Identified in 1999-2007 Suicides
1. Relationship Problems/Loss	53%
2. Work Related Problems	50%
3. Pending Disciplinary Action	43%
4. Physical Illness	33%
5. Financial Problems	13%

Top Risk Factors / Warning Signs	Identified in 1999-2007 Suicides
1. Negative Emotional State	51%
2. Mental Health History	40%
3. Changes in Mood or Behavior	34%
4. Self Destructive/Aggressive Behavior	28%